



Caprese Ricotta Toast



Entire recipe: 126 calories, 3g total fat (1g sat fat), 326mg sodium, 19g carbs, 3.5g fiber, 6g sugars, 7.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Prep: 5 minutes **Cook:** 5 minutes or less



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1 slice whole-grain bread with 60 - 80 calories per slice
3 tbsp. light/low-fat ricotta cheese
1/8 tsp. chopped garlic
Dash Italian seasoning
Dash each salt and black pepper
3 cherry tomatoes, halved
1 1/2 tsp. chopped fresh basil
1 tsp. balsamic vinegar

Directions

Toast bread.

Meanwhile, in a small bowl, combine ricotta, garlic, and seasonings. Mix well.

Spread toast with ricotta mixture. Top with tomatoes and basil, and drizzle with vinegar.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.